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CHIP ON THE OLD BLOCK

JENNIFER GAUTHIER/METRO

A handful of charities moved out after Lululemon founder and billionaire Chip Wilson's company bought this East Hastings building and raised the rents.

metro looks at a neighbourhood on the precipice of change.

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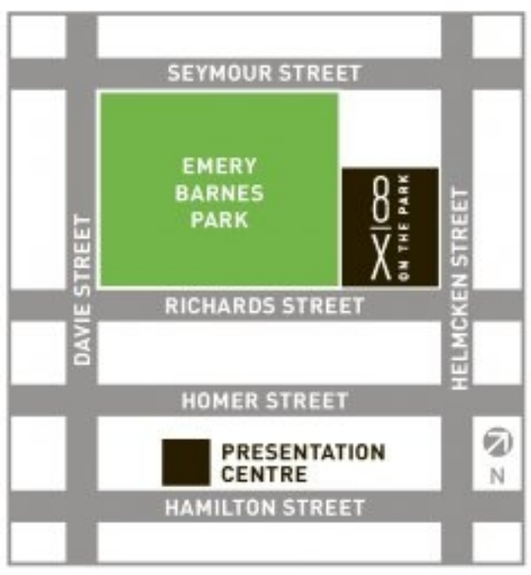

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metro NEWS

Your essential daily news

Getting hitched? Break out the champagne ... and break the bank. **Business**

Peaceful 4/20 drew 25,000

CANNABIS FESTIVAL

Police did note a few moments where their aid was needed

Thandi Fletcher
Metro | Vancouver

About 25,000 people gathered at Vancouver's Sunset Beach on Wednesday afternoon at the peak of the city's annual 4/20 cannabis rally, police confirmed Thursday.

Sgt. Randy Fincham, spokesman for Vancouver police, said officers dealt with several incidents at the annual marijuana protest and festival, including a 21-year-old man who attempted to swim across English Bay to Vanier Park and had to be rescued.

"He was about two-thirds of the way across, figured out he wasn't going to make it," Fincham told reporters. "There was a police boat nearby with a lifeguard on it. They were able to pull him out of the water."

Shortly after, a woman who decided to take her clothes off and swim into the channel also had to be rescued, followed by four men in an overloaded dinghy who decided to go paddling without any lifejackets, said Fincham.

"They were escorted back to the marina on the other side," he said.

Fincham said paramedics and firefighters attended to 31 medical incidents at the scene, while 16 people were taken to St. Paul's Hospital, where they received treatment for minor ailments.

Last year, health officials said more than 60 people were treated in hospital for complaints of symptoms ranging from upset stomachs to acute anxiety and psychosis. Three-quarters of them had consumed edible marijuana products.

Police officers walk through the crowd at Sunset Beach on Wednesday. DARRYL DYCK/THE CANADIAN PRESS

> **It was a less tense environment than what we've seen at the Vancouver Art Gallery.** Sgt. Randy Fincham

Wednesday marked the first time 4/20 was held at Sunset Beach, after large crowds and construction outside the Vancouver Art Gallery uprooted the event from its usual downtown site.

Overall, Fincham said, the atmosphere at Sunset Beach felt "less tense" than previous years at the Vancouver Art Gallery — where, he said, people were congested in a smaller area.

"There is really no ideal location for this, but what we saw yesterday was a less tense environment than what we've seen at the Vancouver Art Gallery," he said. "That is something we will look at going forward."

While this year's event was relatively peaceful, Fincham warned about possible fallout from the sale of edible products sold at the event.

"The concern for today is kids having taken products home yesterday, sharing them with friends who don't know what is in them. We did have some incidents last year where unfortunately some of those young kids did consume a product that ended up requiring their hospital admission," he said.

Although officers noticed youth buying pot, Fincham said no arrests of either buyers or sellers were made, largely due to the size of the crowd.

"It's a safety concern for us to wade into a crowd of 25,000 people to make an arrest ... when that could have a direct impact on anybody else in that area," he said. "It wasn't feasible for officers to go into that crowd and necessarily focus on that."

Several shoulder-high mounds of black garbage bags remained on the beach Thursday morning following the event.

A Park Board spokesman estimated it would take several hours to cart away the trash and sift through beach sand to ensure it was clear of broken glass or needles.

Park Board Commissioner Sarah Kirby-Yung said the unsanctioned, unlicensed celebration was not wanted and would not be welcomed back in 2017.

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Charities bounce from block

HOUSING

Rising rents bring change to Downtown Eastside

Emily Jackson
Metro | Vancouver

A handful of non-profit and charitable tenants who called the 800 block of East Hastings home had to move after billionaire Lululemon founder Chip Wilson's real estate company, Low Tide Properties, bought their building and raised the prices.

Low Tide purchased 877 East Hastings in 2013, sprucing it up with a white coat of paint on the brick walls, new concrete sidewalks and a decorative metal feature wrapping the staircases. With the renovations came rent or maintenance fee increases, according to former and current tenants who serve people in the Downtown Eastside.

"Every time they painted, our fees went up," said Kellie Carroll, executive director of the Network of Inner City Community Services Society. NICCSS relocated to an enjoyable, albeit smaller space without an elevator, on the edge of Strathcona when its lease was up last July because it couldn't handle the estimated $1,000 monthly cost increase.

"We decided it wasn't a location for us any more ... I got the impression they were looking for a hipper clientele that would probably service the new people that were moving into the community with the new condos going up."

Now the building sits largely empty, brown paper plastering the windows of units waiting for new tenants to move in, the odd needle discarded in the stairwell. It pinpoints a wave of change coming to the low-income neighbourhood under the city's new Downtown Eastside plan, which approved condos east of 900 East Hastings in a bid to bring new housing to the area.

Low Tide isn't the only company on a buying spree in the area. Wall Financial developed the Strathcona Village with 280 condos and 70 social housing units. Onni, Copula House International and Solterra also purchased property.

Their investment isn't unwelcome, said Guy Wakeman, sales manager at non-profit computer refurbisher Reboot, which also left Low Tide's building because of an estimated $1,500 monthly maintenance fee increase.

"We need housing in Vancouver, whether it's market or subsidized, it's needed in Vancouver, period," Wakeman said. "I hope it brings some more family services."

Wakeman, a board member at the Ray-Cam Co-operative Centre and head of the tenants' council at social housing complex Stamps Place (both are across the street from the condos), hopes extra people will brighten the neighbourhood.

Kellie Carroll, the executive director at the Inner City Community Service Society. Many charities and non-profits can no longer afford to stay in the 800 block of East Hastings. JENNIFER GAUTHIER/METRO

> **I got the impression they were looking for a hipper clientele.**
> Kellie Carroll

Reboot wanted to stay in the community and was lucky to find a smaller space across the street from 877 East Hastings, which he called a "sort of a ground zero" for gentrification.

Gentrification is also a concern for NICCSS' Carroll, who worries about the loss of space for non-profits in the inner city if new landlords don't recognize their value.

Low Tide vying for a vibrant strip

Low Tide Properties president David Ferguson said he doesn't comment on discussions or business dealings with former or future tenants.

But he said Low Tide has supported two non-profits in the building. "Like everyone, we get very many requests for help and donations from not-for-profit organizations but obviously can't accommodate all of them," Ferguson said.

Low Tide owns 40 properties worth more than $300 million and is vying to acquire $1.5 billion in property over the next 10 years, according to executive job postings. Low Tide's directors are Chip Wilson and Ferguson, who is also on the board of the Wilson family charity that builds schools in Ethiopia.

Ferguson said the company is following the city's vision under the Downtown Eastside plan, and works closely with the Strathcona Business Improvement Association. Ferguson hopes a vibrant retail strip will help cut down on drug use, theft and prostitution and expects the building will be leased within a reasonable time.

When asked about gentrification, Ferguson said Low Tide sells the same product to customers at the same price like any other business.

"If Starbucks is selling a latte for say $3.65, if I say I don't want to pay $3.65, they don't sell their latte for something else," he said.

MAPPED | A bird's-eye view of the 800 block of East Hastings

IMPACT

Charities making moves

1 Writers' Exchange — The Writers' Exchange is still in the building after negotiating a gradual rent increase with Low Tide, which saved its colourful mural. But it's on the hunt for more sustainable rent for the long-term in a space near other charities, co-founder Jennifer MacLeod said.

2 Vancouver Aboriginal Community Policing Centre Society — The society decided to move because of the rent increase, but saw it as an opportunity to find a space that's more accessible to the indigenous community at large and out of a risky area, executive director Lillian Howard said.

3 Our Social Fabric — Moved last fall for unrelated reasons.

4 Watari Counselling and Support Services Society — Moved for unrelated reasons.

City vision for mixed-income shopping street

City of Vancouver assistant director of planning Kevin McNaney said he was concerned to hear five charities left one building, but noted that two charities — Positive Living B.C. and AIDS Vancouver — moved into 803 East Hastings.

"It's a product of rising rents across the city," he said. "Of course it's concerning, but I don't think it's unique to this stretch of Hastings."

The city envisions the 800 block of East Hastings as a shopping street. Developers are showing interest, he said, adding it's important to maintain a mix of incomes.

The Writers' Exchange renegotiated a gradual rent increase to stay in 877 East Hastings. JENNIFER GAUTHIER/METRO

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Dispensary can stay open

MARIJUANA

Club has city permission despite school proximity

Emily Jackson
Metro | Vancouver

Vancouver's oldest marijuana dispensary and compassion club received the city's blessing to stay open even though it doesn't meet the strict distance requirements from schools under the new dispensary regulation regime.

The city's Board of Variance voted unanimously Wednesday — the day of 4/20 marijuana legalizations protests and celebrations, no less — to approve the B.C. Compassion Club Society's application to stay in the location on Commercial Drive and 14th Avenue where it has been since 1997.

The club founder Hilary Black was happy and relieved the society gets to stay put, as it operates a wellness centre and provides front-line health care for people in the community dealing with addictions, mental health issues and rare and complex chronic conditions.

"I was hopeful, and I had faith in the city's process, but on the other hand I was terrified for our members," Black said Thursday. "It would have had terrible consequences for our patients."

The society is located within 300 metres of two schools, which is against the city's new and controversial rules that attempt to deal with the massive expansion of not-so-legal dispensaries.

Members of the B.C. Compassion Club Society after the City of Vancouver approved their dispensary. CONTRIBUTED

> I had faith in the city's process, but on the other hand I was terrified for our members. It would have had terrible consequences for our patients.
> Hilary Black

But both schools didn't oppose them, and more than 200 neighbours signed a petition in favour of keeping it in the neighbourhood. One neighbour who spoke in favour of the society said her 12-year-old daughter walks in the neighbourhood alone and knows that the compassion club is a safe place to go if she ever needs help.

The city adjusted its bylaws to encourage compassion clubs such as this, so Black is happy they didn't reject them after the long process.

Practitioners at the wellness centre provide services including acupuncture, massage, counselling and nutritionists at a discount to help low-income patients.

"They are people who could easily be working for $150 an hour working for $20 an hour so we can give this health care to people who are falling through the cracks of the health-care system in Vancouver," Black said.

Black hopes the city takes into account community contributions when it decides whether to allow other dispensaries that don't meet the strict distance rules.

The city is planning to crack down on the approximately 100 dispensaries that didn't get approval under the scheme at the end of April.

COURT

Plaintiffs request to grow own pot

Canadians who won the constitutional right to grow their own medical marijuana are going back to court to ask a judge to change the decision, allowing those excluded from an injunction to immediately start growing their own.

A lawyer for the four British Columbia plaintiffs is set to appear in Vancouver's Federal Court Friday with a motion for Judge Michael Phelan to reconsider and vary the order he made in February.

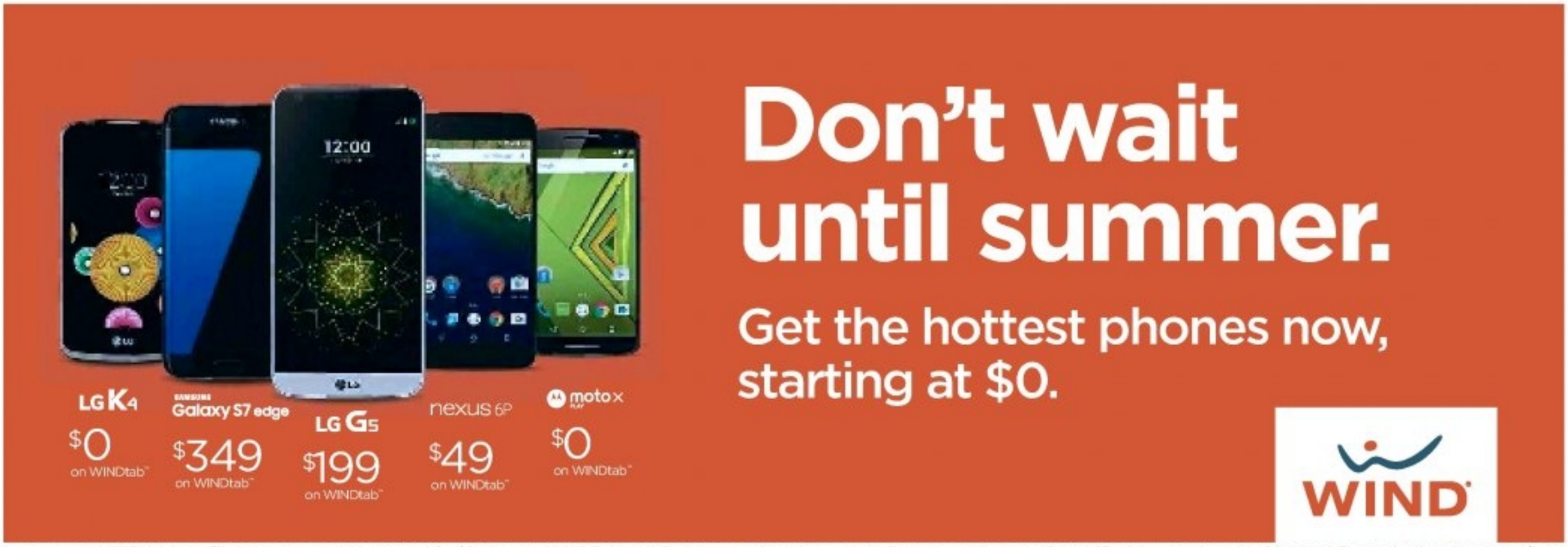
John Conroy argues that Phelan "overlooked or accidentally omitted" certain issues when he struck down legislation that required patients to buy medical marijuana from licensed producers.

The legislation introduced by the former Conservative government replaced a 2001 law that allowed patients to obtain Health Canada licences to grow their own pot or possess marijuana produced by designated growers.

Phelan gave the Liberal government six months to come up with a new law. In the meantime, he extended an injunction allowing some 28,000 licence-holders to continue growing or possessing cannabis.

But Conroy wants the judge to allow everyone who was enrolled in the old program in the final year of its existence — not just those covered by the injunction — the immediate right to grow their own marijuana.

THE CANADIAN PRESS



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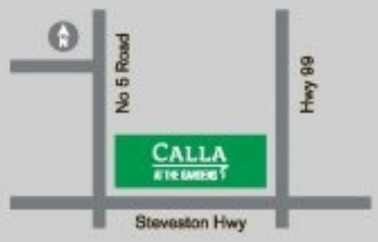

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Vehicle suspected in skater's death seized

FORENSICS

Police hope to 'bring justice' to family of Ryan Barron

Thandi Fletcher
Metro | Vancouver

Police say they have found the vehicle believed to be involved in a hit-and-run that claimed the life of a skateboarder in Vancouver's west side early Sunday.

Sgt. Randy Fincham, spokesman for the Vancouver Police Department, said investigators recovered the vehicle, which they earlier described as a silver Mitsubishi, on Tuesday after issuing a public appeal for information on the incident.

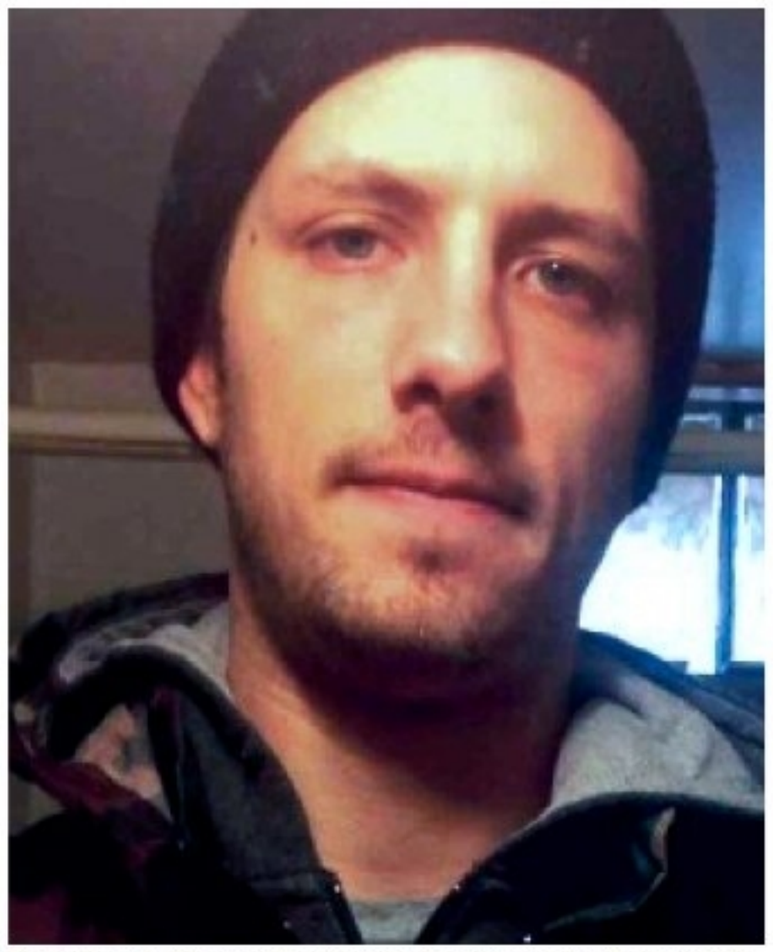
The vehicle, which is being processed by VPD's forensics unit, was parked in a garage at a home on the city's east side, not far from the scene of the crash, he said.

"Our focus now will be putting a driver to that car," Fincham told reporters.

"We are in contact with the owner of that car, and we are working to identify who was driving the car at the time of this collision."

The crash happened around 2:30 a.m. Sunday when two men were skateboarding in the area of Heather Street and West 54th Avenue.

According to police, one of the men, a 30-year-old man from Ontario, was hit by a vehicle travelling northbound in the 6900-block of Heather Street.



Ryan Barron, 30, was identified by friends and family on social media as the victim of the hit-and-run crash on Vancouver's east side on Sunday. GOFUNDME.COM

> Our focus now will be putting a driver to that car.
> Sgt. Randy Fincham

INFORMATION

Anyone with information about this collision and who has not yet spoken to the police is asked to call Vancouver police at 604-717-3012 or Crime Stoppers at 1-800-222-8477.

He was rushed to hospital, where he died soon after.

Police said the driver of the vehicle left the scene without stopping. The cause of the crash has yet to be determined.

Friends and family on social media identified the victim as 30-year-old Ryan Barron of Windsor, Ont.

A GoFundMe.com fundraiser had raised more than $7,800 to help cover the cost of transporting his body back to Ontario for the funeral.

On Tuesday, Barron's employer, Raw Rolling Paper, posted on Facebook that it was offering a $25,000 reward for any information that could help police find the driver.

The company said Ryan was a "good guy" who worked hard and was promoted just two days before he was killed.

While police are not involved in the reward, Fincham said VPD is continuing to do everything it can to identify the driver and "bring justice" to the victim's family.

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Allison Jones and her five-year-old son Max play in their North Vancouver home. He has two rare diseases: polymicrogyria, a brain malformation, and Weaver's Syndrome. CONTRIBUTED

Small aid for rare diseases

MEDICINE

Crowdfunded micro-grants help search for treatments

They may sound obscure, but "rare diseases" are anything but scarce. They affect roughly 400,000 people in B.C.

Allison Jones' son Max has two obscure conditions, but doctors knew almost nothing about one of them: Weaver's Syndrome, which makes him grow extremely fast. Now five years old, he's over four feet tall and weighs 100 pounds.

There were only 56 cases worldwide, she said.

"The big problem with rare diseases is most of the doctors and geneticists don't yet know a lot about them," said the North Vancouver resident. "There just hasn't been a lot of money for research. Without research, you're left with no answers."

This Saturday, she'll attend a gala staged by the Rare Disease Foundation, which offers $3,500 "micro-grants" to kick-start scientists looking for cures and offering treatment.

"Many people affected by one or more rare diseases experience the same sense of isolation," explained executive director David Cox. "The disease is almost secondary to the journey they have to go through once diagnosed — or worse, if they can't be diagnosed."

Crowdfunding advanced medical science might seem unrealistic, but since 2008 the group has handed out 275 grants totalling roughly $1 million, sparked the discovery of treatments or cures for nine conditions and identified more than a dozen genes causing them.

"All of us are gung-ho to do anything we can to help further research," Jones said. "And you know you're not alone."

The Rare Finds Gala is Saturday at 7 p.m. at Vancouver's Sheraton Wall Centre. Tickets are available at rarediseasefoundation.org. METRO

SUPREME COURT

Woman ordered to pay $65K after posts

A British Columbia woman has been ordered to pay more than $65,000 after making unfounded accusations over Facebook suggesting her neighbour was a pedophile who set up mirrors and cameras in his backyard to spy on her children.

A B.C. Supreme Court judge has ruled that Katherine Van Nes's "viral" online posts were "completely false and unjustified" and had a devastating effect on Douglas Pritchard and his career as a middle-school music teacher. THE CANADIAN PRESS

talk about fresh solutions

Pasta Salad with Roasted Peppers, Chickpeas and Fennel

Prep Time: 15 minutes | Cook Time: 10 minutes | Makes 4 to 6 Servings

Ingredients

1 (340g) package **Catelli Smart Veggie** macaroni

1 cup (250 mL) frozen peas, cooked

½ cup (125 mL) extra virgin olive oil

5 tbsp (75 mL) fresh lemon juice
zest from one lemon

4 cloves garlic, minced

1 tsp (5 mL) honey

1 tsp (5mL) kosher salt

1 (296 mL) jar Mezzetta roasted bell peppers, drained and sliced

½ bulb fennel, thinly sliced

1 (540 mL) can Western Family chickpeas, drained and rinsed

1 cup (250 mL) **Western Family Organics** Basil

1 cup (250 mL) soft goat cheese, crumbled

Salt and pepper to taste

Directions

1. Cook macaroni according to package instructions. In the last 2 minutes of cooking toss in frozen peas and drain when cooked.

2. While macaroni is cooking, in a large bowl, whisk together olive oil, lemon juice, zest, garlic, honey and salt.

3. Add sliced peppers and fennel to dressing along with chickpeas and fresh basil.

4. Once the pasta and peas are cooked and drained, toss into a bowl with the dressing. Stir well and add goat cheese on top. Season to taste with salt and freshly ground pepper. Serve at room temperature or chilled.

Tip: To bump up the protein, serve this as a side with cooked prawns or chicken.

save on foods

VANCOUVERING

with icons by **Danielle Vallée** from the noun project

Pro tip: Servers really can be paid what they deserve

New eatery would rather that patrons pay it forward

CAFÉ POLITICS

Emily Jackson
Metro | Vancouver

LIVING WAGES

Nevada Cope, chef and owner of Ritual at 774 Denman Street. JENNIFER GAUTHIER/FOR METRO

The owner and chef of a new West End restaurant says her no-tipping policy has been "mostly positive," but some people "just don't get it."

Nevada Cope opened the doors to Ritual on Denman Street a few weeks ago, with the idea that every staff member would get paid a living wage (about $21 an hour), vacation and benefits, including MSP.

Tips would be taken out of the equation, and any money left on a table would be donated to A Loving Spoonful, a non-profit that provides free, nutritious meals to people living with HIV/AIDS.

But Cope says it's been "a little bit weird" because some patrons don't understand the concept.

"We try to explain to people that if you want to leave a tip, it's actually a donation. Some just get upset and they're like, 'I don't want to leave a donation,'' she says. "We're being honest and it's for a good cause, but sometimes people don't want to hear it."

The idea for Ritual came to Cope last spring when she was in Tennessee.

"I was just so inspired by the different restaurants out there," recalls Cope, who worked as a chef at the Italian Cultural Centre prior to starting her own business. "I was like, 'Wow, I need to do something and I need to do it sooner rather than later ,because I don't want to be 30 and not have anything under my belt.' "

The idea of becoming a living-wage employer was also something on her radar, having heard of restaurants in New York and San Francisco adopting similar models.

When she put the call out for serving resumés, Cope says she didn't think she'd get many bites.

"In most places, at least in restaurants, you wouldn't get MSP and a wage like that, so I thought it was going to be really hard."

In the end, she had over 100 resumés on her desk. There were only 12 spots to fill.

Cope adds the no-tipping policy hasn't affected service at all.

Ritual's menu, meanwhile, is "eclectic American." From braised meats and baked breads, the theme revolves around comfort food. S'mores and Pop-Tarts are no exception.

"It's different takes on classic things that you would classify as American, like Swedish meatballs. I wanted to play off pop culture," she explains.

The drink menu, what she calls "pretty booze-forward," will also tease the taste buds. For example, there's the Barrister's Breakfast, with rye, coffee, amaretto, root beer bitters and a cinnamon stick.

"It's really, really good," Cope laughs.

> **We try to explain to people that if you want to leave a tip, it's actually a donation. Some just get upset.** Nevada Cope, Ritual proprietor

SEA TO SKY

The dull taste of discipline

Cam Tucker
Metro | Vancouver

The countdown is on. Just nine days until the BMO Vancouver Marathon.

(Seriously, where did the time go?)

There was a 16-kilometre run into Stanley Park and, for someone who isn't a fan of heights, crossing over the Lions Gate Bridge was an interesting source of motivation to pick up the pace going over the aging structure. Then there was a 20K in Pitt Meadows, which gave me the utmost confidence that completing the 21.1K half-marathon that I whimsically signed up for in January is achievable.

Next was a 10K through the trails of Burnaby Lake, completed without any pain in the knees, for the first time in several weeks.

And then there's the matter of diet. The fear of failing on account of persistently bad consumption habits has led me to sacrifice what's delicious — beer, nachos, wings, cheesecake — in favour of what will benefit my training. I've even been forgoing dessert as part of my pre-game meal at Canucks games.

Dessert has long been my Achilles heel. I don't savour it. I inhale it.

The transformation hasn't been perfect. There's been a cheat day (gasp!) here and there. But it's a start.

Who knew smoothies with protein powder, bananas, milk, yogurt, berries and spinach could be so delicious?

FOOD NOTES

FILLING AN URGENT KNEAD FOR FINE BREAD

Erin Ireland
Metro | Vancouver

All bread is not created equal. In fact, there are as many different ways of making it as there are people, according to passionate bread maker, Chef Annabelle Choi.

What's the difference between Annabelle's style of bread and what you'll find at the supermarket, besides the fact that the latter is made with cheap wheat and preservatives?

You won't find bread like this at the supermarket.
ERIN IRELAND/FOR METRO

"I'd like to think the sourdough I make reflects the time and respect I have for the process, one that has been cultivated for centuries," she says.

I learned this and so much more at one of Annabelle's Bread Workshops, which she hosts about once a month.

Before class ended, I asked Annabelle where to buy old-fashioned bread in Vancouver. Matchstick was her first answer.

Three years ago, Annabelle developed Matchstick Coffee's pastry and bread program. She's since passed the torch to Kirk Switzer, a baker who studied at VCC and the San Francisco Baking Institute.

The two bread devotees share a passion for what they call the "slow version," which is made with just three ingredients: flour, water and salt.

They say it's healthier than conventional bread: "Allowing the appropriate amount of time for natural fermentation allows it to fully break down those whole grains, making their nutritional content more available for our body to absorb," Kirk explained.

You can find Matchstick's sourdough bread in toast, sandwich or full-loaf form at either of their two locations (Mount Pleasant and Chinatown). And look for their third café location, opening soon at Main and 32nd.

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VANCOUVER TRENDING

BACK TO BASICS

Amy Logan
For Metro | Vancouver

A humpback whale spotted off the shores of Stanley Park. A family of river otters climbing ashore just by Siwash Rock. A pair of beavers settling down and building a dam at Olympic Village.

In the heart of a city, nature is regaining its footing. Vancouver is finally showing signs of rewilding.

As part of Vancouver's plan to become the greenest city by 2020, the city's park board created a rewilding strategy to celebrate the city's special wild places, and bring experiences of nature into everyday life.

One of the goals is that every Vancouverite will live within a five-minute walk of a green space.

"Rewilding means welcoming and creating spaces for nature to thrive in our urban environment," says Niki Sharma, the former park board commissioner who co-chaired the rewilding task force. "We are fortunate enough to be surrounded by oceans, mountains and forest where we recreate and gather."

According to Sharon Kallis, a local artist, environmentalist and steward of Trillium Park North, rewilding means "getting over the human-centric viewpoint of how we define the city and ourselves."

To that end, the park, where native plants and wild flowers flourish against a backdrop of factories and apartment buildings, offers a prime setting for experiential learning. Last year, for instance, the Strathcona Elementary School worked with the Environmental Youth Alliance to build a pollinator house from local materials. Young students learned about native bees, and helped "buzz-scape" the park, improving bee habitat.

The rewilding initiative's influence is infiltrating many of the city's institutions. SFU offers a course called Environment and Society that explores the challenges of rewilding. The Stanley Park Ecological Society educates and inspires children and the public through programs like Nature Ninjas, which offers city-dwelling children the chance to camp overnight, in Stanley Park. And J.B. MacKinnon, a Vancouver journalist and author, who has been instrumental in raising awareness of the rewilding movement, guest curated the Rewilding Vancouver exhibit, and explores the idea of rewilding in his book The Once and Future World.

As Sharma puts it, "The rewilding movement is flourishing because understand that when nature flourishes, we flourish."

For first-hand reinforcement of this idea, look no further than Still Creek, one of only two remaining visible streams in the city. The creek bed was recently reconstructed and, after an 80-year absence, chum salmon have returned to creek, four years in a row.

Elsewhere: Habitat Island, a former industrial zone, has been turned into parkland, re-establishing native vegetation, and bird habitat. Since Habitat Island was constructed, bald eagles have been seen nesting there,and for the first time in many years, herring are laying eggs along its shores.

"The sight of a whale in our harbour or salmon in our streams is awe-inspiring and connects us with our land in a deeper way," Sharma says.

The field house at Trillium Park, surrounded by native plants and flowers for harvesting. AMY LOGAN/FOR METRO

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Mike Duffy found not guilty by judge

COURT

Harsh words reserved for Crown, PMO

Mike Duffy walked out of an Ottawa court a free man Thursday after a judge cleared him of all charges while at the same time delivering a scathing indictment of the Prince Edward Island senator's former political masters.

Duffy sat almost totally still throughout the four hours Justice Charles Vaillancourt spent dismantling the Crown's argument that the senator had deliberately defrauded the public purse by claiming invalid living and office expenses and had engaged in corrupt behaviour when it came to paying that money back.

Mike Duffy leaves court on Thursday. THE CANADIAN PRESS

Vaillancourt all but wagged his finger in admonishment at the Crown as he repeatedly questioned their decision not to extensively cross-examine Duffy or try to challenge his testimony with witnesses of their own during the 62-day trial.

But the justice's harshest words were aimed at the Prime Minister's Office under Stephen Harper and its conduct regarding a decision by Harper's former chief of staff, Nigel Wright, to give Duffy $90,000 to repay his living expenses.

Vaillancourt said he did not see it the same way as the Crown, which had argued Duffy's actions were driven by "deceit, manipulations and carried out in a clandestine manner" when he took the cheque.

"I find that if one were to substitute the PMO, Nigel Wright and others for Senator Duffy in the aforementioned sentence that you would have a more accurate statement," Vaillancourt said. THE CANADIAN PRESS

PM Justin Trudeau spars at Gleason's Boxing Gym in Brooklyn, New York on Thursday. Trudeau was there to train with kids from the Give A Kid A Dream program that works to provide mentorship to disadvantaged youths through boxing. THE CANADIAN PRESS

NEW YORK CITY

PM boxes through questions

Young people need to get more involved in politics, Justin Trudeau told an audience of university students in New York City this morning.

"Young people need to demand more from their politicians, their business leaders, their community leaders," the prime minister told students at New York University.

Strolling among them with his sleeves rolled up and a microphone in his hand, Trudeau said that there's plenty of work for everyone to do to make the world a better place.

Trudeau is in New York City to sign the Paris climate-change agreement on Friday.

His itinerary on Thursday also included a photo-op at the legendary Gleason's Gym, where boxing champions Muhammad Ali, Jake (Raging Bull) LaMotta and Mike Tyson trained (albeit in the gym's previous locations).

Trudeau acknowledged to the students that Canadians leave a high per capita carbon footprint through the use of energy, and that Canada's relations with its First Nations communities present an enormous challenge.

He said his government is striving to reflect Canadian ideals and values, and that includes getting more young people interested in the political process.

Trudeau added that young people need to work in political campaigns, and not just as "letter stuffers and sign-putter-uppers."

Most of the question-and-answer session with the students dealt with the environment. TORSTAR NEWS SERVICE

TIME MAGAZINE

PM Justin Trudeau has been chosen by Time magazine as one of the 100 most influential people of 2016. The annual list of leaders, artists, pioneers and icons includes such notable names as Pope Francis, Nicki Minaj and Caitlyn Jenner. TORSTAR NEWS SERVICE

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ENGLAND LONG LIFE, ENDURING LOVE Queen Elizabeth II greets well-wishers during a "walkabout" on her 90th birthday in Windsor, west of London, on Thursday. Thousands lined the streets of the town carrying cakes, cards, balloons and Union Jack flags and Prime Minister David Cameron leading a parliamentary homage. Cameron praised the monarch's "unshakable sense of duty," pointing out that she had provided counsel to 12 British prime ministers and met a quarter of all the U.S. presidents since Independence. AFP/GETTY IMAGES

Climate deal on track for early start

ENVIRONMENT

Record could be set for international diplomacy

As many as 170 countries are expected to sign the Paris Agreement on climate change Friday in a symbolic triumph for a landmark deal that once seemed unlikely but now appears on track to enter into force years ahead of schedule.

UN officials say the signing ceremony Friday will set a record for international diplomacy: Never before have so many countries inked an agreement on the first day of the signing period.

That could help pave the way for the pact to become effective long before the original 2020 deadline — possibly this year, though countries must first formally approve it through their domestic procedures.

"We are within striking distance of having the agreement start years earlier than anyone anticipated," said Brian Deese, an adviser to President Barack Obama.

The U.S. and China, which together account for nearly 40 per cent of global emissions, have said they intend to formally join the agreement this year. It will enter into force once 55 countries representing at least 55 per cent of global emissions have done so.

"There's incredible momentum," said former New Zealand Prime Minister Helen Clark, who heads the UN Development Program. She said her agency is working with more than 140 countries on climate change-related issues, and that financing to make the Paris Agreement a reality is "critical, and let's hope everyone lives up to commitments made."

The agreement, the world's response to hotter temperatures, rising seas and other impacts of climate change, was hammered out in December outside Paris. The pact was a major breakthrough in UN climate negotiations, which for years were bogged down with disputes between rich and poor countries over who should do what to fight global warming.

The mood was so pessimistic after a failed 2009 climate summit in Copenhagen, Denmark, that UN climate chief Christiana Figueres said she thought a global deal wouldn't happen in her lifetime. Now she expects the Paris Agreement to take effect by 2018.

"Even if the Paris pledges are implemented in full, they are not enough to get us even close to a 2-degree pathway," said John Sterman, of the Massachusetts Institute of Technology. "I don't think people understand how urgent it is." THE ASSOCIATED PRESS

+ EMISSIONS

Under the agreement, countries set their own targets for reducing emissions of carbon dioxide and other greenhouse gases. The targets are not legally binding, but countries must update them every five years.

MONEY

Harriet Tubman to be on U.S. $20 bill

U.S. paper money is getting a historic makeover.

Harriet Tubman, an African-American abolitionist born into slavery, will be the new face on the $20 bill.

The leader of the Underground Railroad is replacing the portrait of Andrew Jackson, the nation's seventh president and a slave owner, who is being pushed to the back of the bill.

And Alexander Hamilton, the nation's first Treasury secretary who's enjoying a revival thanks to a hit Broadway play, will keep his spot on the $10 note after earlier talk of his removal.

The changes are part of a currency redesign announced Wednesday by Treasury Secretary Jacob Lew, with the new $20 marking two historic milestones: Tubman will become the first African-American to ever be featured on U.S. paper money and the first woman to be depicted on paper currency in 100 years.

"This gesture sends a powerful message, because of the tendency in American history, the background of excluding women and marginalizing them as national symbols," said Riche Richardson, associate professor in the Africana Studies and Research Center at Cornell University. "So even the symbolic significance of this cannot be overstated."

Lew also settled a backlash that had erupted after he had announced an initial plan to remove Hamilton from the $10 bill in order to honour a woman on the bill. Instead, the Treasury building on the back of the bill will be changed to commemorate a 1913 march that ended on the steps of the building. It will also feature suffragette leaders Lucretia Mott, Sojourner Truth, Susan B. Anthony, Elizabeth Cady Stanton and Alice Paul.

The back of the $20, which now shows the White House, will be redesigned to include the White House and Jackson, whose statute stands across the street in Lafayette Park.

The last woman featured on U.S. paper money was Martha Washington, who was on a dollar silver certificate from 1891 to 1896. The only other woman ever featured on U.S. paper money was Pocahontas, from 1865 to 1869.

THE ASSOCIATED PRESS

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Saying 'I do' comes with big price tag

WEDDINGS

Small things add up and can blow a budget, planner says

ISTOCK

Whoever said love doesn't cost a thing wasn't planning a wedding.

Recently-engaged couple Camille Verschooris and Andrew Lounsbury knew tying the knot was expensive, but they didn't realize how pricey it could be until they found out their $30,000 budget wasn't enough to cut it for the wedding of their dreams.

"The budget got thrown out of the window quickly," said Verschooris, a 24-year-old producer's assistant.

"What we imagined was very different than what we could afford," added 29-year-old Lounsbury.

The couple was faced with a big decision: Do they scale back or do they bite the bullet and up how much they were willing to spend? Ultimately — with help from their parents — they decided to splurge on a wedding they would want to attend, complete with a guest photo booth and a $1,200 espresso bar to be rolled out at the end of the night.

For Verschooris, the greatest sticker shock was not from the big-ticket items like the wedding gown ($5,000) or the photographer (another $5,000), but it was how quickly the small expenses added up. Having lights and sound at a wedding and bringing in the linens, china and decorations are considered extra requests — and come with accompanying fees.

Wedding planner Rebecca Chan says one of the biggest costs for a wedding is a venue.

For example, a wedding venue in downtown Toronto can charge between $150 to $300 per person, just for the meal.

Chan recommends couples multiply that figure by the number of guests attending and getting a full cost estimate of everything they need for the venue — from chair rentals to speakers — for a more realistic idea of the final bill.

Then add up all the miscellaneous costs like hiring an officiant, coat check and transportation to and from the ceremony site, she said.

"These are not usually the first things you think of when you're planning your wedding," said Chan.

Couples should also make sure they budget in other costs they may be on the hook for,such as the rehearsal dinner and a brunch for family and close friends the next day.

To keep down costs, she suggests couples think about booking their wedding during the off-season, between November to April and on a Friday or Sunday night. Doing so can save couples as much as 20 per cent compared to having a summer wedding on a Saturday night.

For Verschooris and Lounsbury, they now expect their June wedding to cost around $50,000, and realize they were originally unrealistic about their expectations. THE CANADIAN PRESS

IN BRIEF

Canada gets a 'D' on its environmental report card

A new report suggests Canada ranks 14th among 16 peer countries when it comes to environmental performance, with only the United States and Australia doing worse. The report by the Conference Board of Canada on Thursday gives Canada a "D" grade based on nine indicators covering climate change, air pollution and more. THE CANADIAN PRESS

Facebook now offers group calling

Facebook has rolled out a new Messenger feature that allows users to make group calls. Users may have noticed the appearance of a phone icon in group conversations. AFP

SOCIAL MEDIA

Parody sheds light on 'voluntourism'

Rebecca Williams
Metro | Toronto

Parody accounts on Instagram are nothing new, but a new account is shedding light on the problematic issue of "voluntourism."

Much like the now-defunct Sociality Barbie account that poked fun of hipster accounts, "Savior Barbie" mocks Westerners crippled with the "White Saviour Complex" desire to travel and volunteer abroad.

White Savior Barbie's bio sums it up: "It's not about me … but it kind of is."

Created by two anonymous twenty-something women, both self-professed former "white saviours," the account skewers using humans as living photo ops with ridiculous captions to match.

"I couldn't help but continue to be convicted by my wasteful tears." INSTAGRAM

"The attitude that Africa needs to be saved from itself, by Westerners, can be traced back to colonialism and slavery," the makers of Savior Barbie told the Huffington Post.

metro VIEWS
Your essential daily news
SCIENCE SAYS Weekend, April 22-25, 2016

ACADEMIC CHILL
Wimpy lab mice like to be toasty. They can get cold stress even at 20 to 26 C, possibly skewing study results.

DECODED Mass Extinction

WERE THE DINOSAURS ALREADY DOOMED?

Any school kid can tell you what did the dinos in: The massive impact of a 10-kilometre-wide space rock near present-day Chicxulub, Mexico, 66 million years ago. But new research suggests all was not well in dino-land long before the asteroid apocalypse hit. **Here's why**.

DINO DECLINE

Biologists at the University of Reading put together dino family trees from the available fossil evidence. Then they used advanced statistics to draw conclusions about how many new species were emerging, and how many were going extinct. They found that **dinosaurs were starting to decline at least 40 million years before the asteroid hit** — that's when the rate of speciation (formation of new species) fell below the rate of extinction.

ASTEROID ADAPTATION

Why does this matter? Because with fewer species, there's less genetic diversity, and with less diversity, it's harder for a species to adapt to changes — like, say, the impact of an asteroid that tosses enough dust in the air to block the sun and change the weather. Would the dinos still be here if that fateful asteroid never hit? We'll never know.

CONTINENTAL CRACK-UP

The authors guess the separating supercontinents Laurasia and Gondwana may have contributed to the decrease in speciation. Dinos couldn't migrate around and interbreed as much anymore, and those are factors that help create variety, and, eventually, new species.

SOURCE: DINOSAURS IN DECLINE TENS OF MILLIONS OF YEARS BEFORE THEIR FINAL EXTINCTION. PNAS, 04/18/2016 PHOTO: ISTOCK

CITIZEN SCIENTIST by Genna Buck

I still don't get quantum computing. Help!

I didn't understand Justin Trudeau's spiel on quantum computing. What is a quantum computer exactly?
— Dorothy, Ottawa

You're not alone in your confusion, trust me. Quantum computers are still mostly in the realm of theory. There's no quantum computer remotely close to as functional or easy-to-use as your home computer.

But the potential of quantum computing is really exciting, because conventional computers are nearly as small as they can physically get.

And super small things (tinier than an atom) and really big things (like a planet), don't appear to follow the physical laws that govern our everyday experience of the world.

In the teeny-tiny quantum sphere, the same object can be in two different states — both "up" and "down" for example — at the same time. And one thing can be in two very different places at once, too. (That's quantum entanglement).

Ordinary computing comes down to a long string of bits that are in one of two states, zero or one. But quantum systems can be in many states at once, making it possible to do complex calculations with crazy big numbers regular computers can't handle.

So, Dorothy, there's a reason quantum computing is so baffling. It's not like anything else we experience — at least, not anything else I can think of. Quantum stuff makes my head spin, and not in a good way.

This goes to show how much science can benefit from integrating concepts and practices from other disciplines, like literature. An exquisite metaphor can give you an "Aha! I get it!" moment better than any academic paper can. Literature people: Get on it!

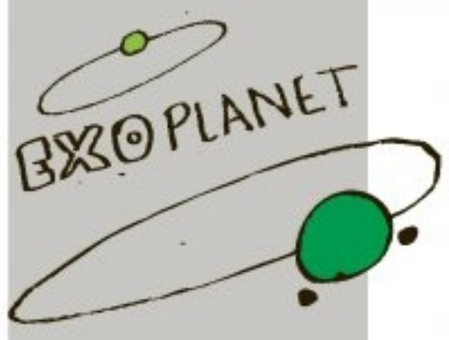
Science Question? Tweet @genna_buck

FINDINGS
Your week in science

GIANT SPACE BUBBLE
NASA's Hubble telescope has photographed a massive bubble — seven light-years across — being blown into space by a super-hot, extremely heavy star. The Bubble Nebula is 7,100 light-years away, in the constellation Cassiopeia.

ARTIFICIAL MUSCLE
Muscles; Mother Nature's miracle. They stretch by up to 70 per cent and heal themselves. Chemists at Stanford University have made a synthetic muscle that works the same way: Cut it into two stretchy slices, and the cut sides fuse back together perfectly.

SOUND SMART



DEFINITION
An exoplanet is a planet that orbits a star other than our own sun. Nearly 2,000 exoplanets in 1,200 solar systems have been confirmed by NASA.

USE IT IN A SENTENCE
"I'd like to colonize another world, like Matt Damon in The Martian. Maybe there's an **exoplanet** out there that's hospitable to life."

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MOVIES MUSIC TELEVISION DIGITAL

Born a rock star

Prince Rogers Nelson created a gender- and genre-bending blend of rock, funk and soul all his own

From left: Prince performs during the halftime show at the Super Bowl in 2007; Prince at the Grammys last year; and the artist performing with Beyonce in 2004. CHRIS O'MEARA/THE ASSOCIATED PRESS; KEVORK DJANSEZIAN/GETTY IMAGES; FRANK MICELOTTA/GETTY IMAGES

OBITUARY

The legendary musical chameleon has died at age 57

Prince could play guitar like Carlos Santana or Jimi Hendrix, sing like James Brown, turn out pop melodies worthy of Motown or lay down the deepest grooves this side of Sly and the Family Stone. But no one could mistake his sound for anyone but Prince.

The dazzlingly talented and charismatic singer, songwriter, arranger and instrumentalist who died Thursday at his home drew upon the history of modern popular music and created a gender- and genre-defying blend of rock, funk and soul. With hits including 1999, Purple Rain and Little Red Corvette, Prince's records sold more than 100 million copies and earned him Grammys and an Oscar.

The Minneapolis native stood just 5 feet, 2 inches, yet made a powerful visual impact at the dawn of the MTV era, proving to be the Little Richard for the '80s, from his wispy moustache and tall pompadour to his colorful and suggestive outfits — the counterpart to the openly erotic lyrics that made him one of the most sexually daring artists of the era.

But his greatest legacy was as a musician, summoning original and compelling sounds at will, whether playing guitar in a flamboyant style that drew on Hendrix, switching his vocals from a nasally scream to an erotic falsetto. Among his other notable releases: Sign O' the Times, and Graffiti Bridge.

"He rewrote the rulebook, forging a synthesis of black funk and white rock that served as a blueprint for cutting-edge music in the Eighties," reads his dedication in the Rock and Roll Hall of Fame.

The 57-year-old superstar passed away Thursday at his home in Minneapolis. The local sheriff said deputies found Prince unresponsive in an elevator late Thursday morning, but that first responders couldn't revive him.

"I am confirming that Prince, the legendary iconic performer, has died at his home this morning at Paisley Park," his publicist, Yvette Noel-Schure, told The Associated Press.

No details about what may have caused his death have been released. Prince postponed a concert in Atlanta on April 7, saying he had fallen ill with the flu, and he apologized to fans during a make-up concert last week. An autopsy is scheduled for Friday.

THE ASSOCIATED PRESS

"Few artists have influenced the sound and trajectory of popular music more distinctly, or touched quite so many people with their talent. President Barack Obama

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The bad thing about beauty

ANALYSIS

Charlize Theron GQ gaffe out of character

Richard Crouse
For Metro Canada

Charlize Theron understands some things should only be spoken about when and where she chooses and not at the behest of an aggressive reporter looking to dredge up painful memories for the sake of "good television." Theron is media savvy so I was surprised a few weeks ago when she caused a media hurly burly with comments about the burden of being beautiful.

Chatting up her new film The Huntsman: Winter's War with British GQ she said, "How many roles are out there for the gorgeous, BLEEPINGing, gown-wearing eight-foot model? When meaty roles come through, I've been in the room and pretty people get turned away first."

She is a beautiful woman, that is clear, but is she intimating that being beautiful has harmed her career?

Turns out she wasn't, or so she claims. Alleging a misquote, she later apologized, saying that playing "deconstructed characters" appeals because, "how many characters really are there out there for a woman wearing a gown? You have to play real people."

The mea culpa was unnecessary. She works in a business where beauty is a commodity.

The problem with her earlier statement is that publicly acknowledging one's own looks carries with it a hint of arrogance, a suggestion that winning the genetic lottery somehow makes you superior, but she simply said something others already have.

Theron may have missed out on a job or two because of her looks, but it's also an element of what made her a star.

That and talent, and just as you wouldn't apologize for skin colour or having red hair or being tall or short, she doesn't need to say sorry for being beautiful.

MOVIE RATINGS by Richard Crouse

The Huntsman: Winter's War	★
A Hologram for a King	★★
Hello, My Name is Doris	★★★
Sing Street	★★★★
The Devil's Horn	★★★★

HOW RATING WORKS	
★★★★	SEE IT
★★★	WORTHWHILE
★★	UP TO YOU
★	SKIP IT

Charlize Theron recently came under fire for complaining there's no serious roles for beautiful, gown-wearing women. CONTRIBUTED

JIMMY CARR
FUNNY BUSINESS

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metro TRAVEL
Your essential daily news

Baby lemurs make their debut at the Bronx Zoo

5 ISLAND EXPERIENCES TO HAVE IN ANGUILLA

This semi-posh British island just north of St. Martin has one of the highest rates of repeat visitors in the Caribbean. And for good reason: the beaches are never crowded, the food is great, and the people are warm and welcoming. The off-season from May to August is a perfect time to go.

IMAGES AND TEXT DOUG WALLACE/FOR METRO CANADA

1 Hit the water

Just staring into the turquoise water on any of Anguilla's white sand beaches will keep you busy for hours. But when you tire of relaxing, **deep-sea fishing, kite surfing, paddle boarding, kayaking and scuba diving** can easily occupy your time. An afternoon sailing from bay to bay on classic sailboat the Tradition or a power boat adventure from Funtime Charters are just two types of cruise options to seek out.

2 Buy some art

When was the last time you bought a souvenir that didn't just end up in a drawer? **Many choice craft boutiques and galleries dot the streets of The Valley and the West End.** Cheddie Richardson's studio in Cove Bay will net you arresting driftwood pieces, stone sculptures and bronze casts, all nature-inspired. And the handmade jewellery, bright ceramics and sensual mahogany carvings at the Devonish Art Gallery are equally amazing.

3 Have the lobster

Earmark Wednesday or Sunday for lunch on Scilly Cay, a tiny islet off Shoal Bay, reachable by a free, 10-minute boat ride. Here you'll find a charming and rustic (if pricey) restaurant run by Sandra and Eudoxie "Gorgeous" Wallace, who whip up **Anguilla's best rum punch, plus platters of barbecued lobster, snapper and chicken.** Spend the rest of the afternoon frolicking in the shallow waters and working on your tan.

4 Go A-list for sunset

Sunset at the Sunset Lounge couldn't be more special. People flock to this elegant waterfront bar in the Viceroy Anguilla hotel at cocktail time to see how the other half lives and to prime the night with the signature jalapeño margarita. **This Kelly Wearstler-designed resort is stunning, especially the adjacent Cobà restaurant.** You can also hit the lounge later in the evening for a nightcap and a spot of jazz.

5 Get down

Live music is very much a part of the culture in Anguilla. Locals and tourists lap up reggae, jazz and R&B bands almost every night at one of many venues scattered around the island, including the Powerhouse, Johnno's Beach Stop and the Dunes Preserve, owned by music icon Bankie Banx. Other acts to seek out include Banx's son, cricket-champ-turned-reggae-star Omari Banks, Natalie Richardson, Da Movements, True Intentions and Sproka.

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NOT A TOURIST | A letter from Omar Mouallem in Tuscany

The perfect ruin

Canadians Jonathan Lawrence and Stephan Petasky are turning on tortuous roads in a rented Fiat, past central Tuscany's swooping pastures, rolling hills and tilled clay. At the end of a cypress-lined road, a 300 to 500-year-old sprawling property comes into view and Petasky, president of high-end vacation home developer Luxus, practically jumps out of the passenger seat.

"Whoa! *There's* a ruin for you," he says, staring at the dilapidated hilltop farmhouse with a half a roof and trees growing out the inside.

He estimates the former peasant property will cost €350,000 (more than half a million in Canadian dollars), but it will take another several million to turn it into something deserving of the Luxus brand. "That's where it all starts."

With Fulvio di Rosa, a renowned Italian engineer and restoration architect, Petasky recently restored Panico Padore, a super fixer-upper near Monteroni D'Arbia into a corporate retreat. Now he's looking for more.

Di Rosa and his partner soon pull up in a dusted green pickup. Di Rosa removes his sweater, knots it around his waist, and begins investigating the palatial farmhouse with a furrowed brow — first from afar, to assess the vista quality, then up close, running his fingers through massive cracks. It's nothing he can't handle.

Di Rosa's restored whole medieval hamlets, innumerable private properties and counts amongst his clients and friends Under the Tuscan Sun author Frances Mayes.

The 1997 chick-lit blockbuster didn't so much jumpstart the Italian restoration industry as set it to turbo-charge.

How many properties worth salvaging remain?

"In terms of a ruin that's authentic, has interesting architecture, has a view without problems like a 10,000 kilowatt pole?" he asks rhetorically. "Under 20 I would say."

This is one of them. Although one side has caved in, the high ceilings have great potential. There's a beautiful mix of stone and brick. A smaller separate barn that could be converted into a caretaker's suite.

Best of all, says di Rosa, "There's nothing obstructing the view. It's perfect."

Renowned restoration architect and engineer Fulvio di Rosa checks out the scene at a dilapidated, but stunning farmhouse in Italy. COURTESY OMAR MOUALLEM

metro SPORTS

As of Thursday afternoon, the Yankees' late-inning duo of Andrew Miller and Dellin Betances had combined to strike out 30 of 49 batters this year

View from the other side

WHITECAPS

Perez says he's available to do damage against his former team

Cam Tucker
Metro | Vancouver

The enduring storyline for the Vancouver Whitecaps has been a lack of scoring. Another subplot this weekend could be controversial striker Blas Perez facing his old team FC Dallas.

The Whitecaps, mired in a scoring slump that includes being shut out in three straight games, host FC Dallas on Saturday. There has never been a shortage of drama and bitterness when these teams meet.

Carl Robinson
GETTY IMAGES

Typically in the past, Perez was on the opposite side, playing for Dallas and being a royal pain in the you-know-what against the Whitecaps. The tables have turned.

The Whitecaps acquired Perez prior to the start of this season, as they looked to augment their attack by adding depth up front.

Previously the enemy, Perez crossed over into what was once hostile territory to join the Vancouver side that, along with its fans, used to despise Perez as part of the Whitecaps-FC Dallas rivalry.

Now, will Perez be available for Saturday? He began the week of training working out on the sidelines due to a hamstring ailment. But following Tuesday's training session, he declared himself available.

"He would say he was available if he was hopping around on one leg. He wants to play. We know that," said head coach Carl Robinson.

The Whitecaps have one more training session scheduled for Friday prior to Saturday's match at BC Place Stadium.

If Perez is available, it would provide another option up front for Robinson, as the Whitecaps look to break their scoring funk. Masato Kudo and Octavio Rivero have yet to capitalize with their opportunities this season and with three games in seven days beginning Saturday, adjustments to the lineup will become necessary to keep players fresh.

As for possibly facing his old team, Perez tried to downplay the significance.

"They're all ex-teammates. It's going to be a special moment for me," he said through a translator.

"But the main thing is to come out with three points ... and get those points here at home."

SCHEDULE

Saturday: vs. FC Dallas, 7:30 p.m.
Wednesday: vs. Sporting Kansas City, 7:30 p.m.
April 30: at New York City FC, 1 p.m.

The Whitecaps' Blas Perez, right, and the Galaxy's Sebastian Lletget vie for the ball at BC Place Stadium on April 2. DARRYL DYCK/THE CANADIAN PRESS

MLS

Stars on showcase as Impact face TFC

There is no shortage of star power when the Montreal Impact and Toronto FC meet in a 401 Derby match.

TFC brings 2015 Major League Soccer scoring leader Sebastian Giovinco and the soccer equivalent of a power forward in Jozy Altidore, not to mention U.S. national team midfielder Michael Bradley.

Montreal counters with Ivorian legend Didier Drogba and the heady Ignacio Piatti, as well as MLS defender of the year Laurent Ciman.

The teams meet Saturday afternoon at what is expected to be a sold out Saputo Stadium, with mixed martial arts star Georges St-Pierre on hand to ring the bell in the east grandstand if the Impact can manage to score a goal against TFC's suddenly stingy defence.

"It's going to be good matchups at both ends," Impact coach Mauro Biello said. "We both have quality players going forward."

Toronto has built an impressive 2-2-2 record despite playing only road games so far this season while their home field gets an upgrade. Montreal (4-2-0) has taken top spot in the Eastern Conference despite only two second-half appearances by Drogba.

The Chelsea legend came on in the 50th minute last week and scored his first of the season in a 2-1 victory in Chicago last Saturday. THE CANADIAN PRESS

UFC 200

McGregor knocks out retirement talk

UFC fans, rejoice. Conor McGregor is not retired.

He's even willing to resume his spot in the main event at UFC 200.

> **I'm doing what I need for me now.**
> Conor McGregor

The mixed martial arts superstar is simply fed up with the gruelling promotional demands that come with being a pay-per-view star.

The 27-year-old fighter known for his over-the-top personality says "I can not dance for you this time."

McGregor posted on Facebook Thursday that he needed to focus on himself and not the massive hype of his megafights.

UFC said president Dana White would not comment until a scheduled press conference Friday in Las Vegas.

THE ASSOCIATED PRESS

IN BRIEF

Cano powers M's to victory

Robinson Cano hit a three-run homer in the 10th inning off Cody Allen, lifting the Seattle Mariners over the Cleveland Indians 10-7 on Thursday.

Cano had an early single and then an RBI double in the sixth before connecting with two outs for his sixth home run this season. He had been hitless in seven previous at-bats against Allen (0-1). Tony Zych (1-0) pitched the ninth for his first major-league win.

THE ASSOCIATED PRESS

Ex-WWE star Chyna found dead in California home

Chyna, the tall, muscle-bound, raven-haired pro-wrestler who rocketed to popularity in the 1990s after taking on both women and men and later revealed her struggles with addiction on reality TV, has died, authorities said. She was 46.

Police in Southern California said they were responding to a 911 call from a friend of the former WWE wrestler when they found her dead in her Redondo Beach apartment. THE ASSOCIATED PRESS

PREMIER LEAGUE

Arsenal clinging to top 4

Alexis Sanchez's double eased Arsenal back into third place with a 2-0 win over West Bromwich Albion on Thursday, smoothing the north London team's pursuit of Champions League qualification after consecutive draws.

Arsenal moved two points ahead of Manchester City, which was held by Newcastle on Tuesday, and four ahead of fifth-place Manchester United.

THE ASSOCIATED PRESS

Aaron Ramsey and Olivier Giroud take a breather Thursday. GETTY IMAGES

NBA PLAYOFFS

DeRozan comes to life against Pacers

DeMar DeRozan rediscovered his all-star form, and the Toronto Raptors took control of their playoff series against the Indiana Pacers on Thursday.

DeRozan and Kyle Lowry scored 21 points apiece to lift the Raptors 101-85 over Indiana for a 2-1 series lead in their opening round.

DeMarre Carroll chipped in with 17 points, and was spectacular in stifling Pacers star Paul George, who had 25 points for Indiana. Cory Joseph had 10 points off the bench.

GAME 3 In Indianapolis

101	85

DeRozan had averaged just 12 points in Games 1 and 2.
THE ASSOCIATED PRESS

IN BRIEF

Thunder roll past Mavs
Kevin Durant bounced back from the worst shooting game of his playoff career with 34 points and the Oklahoma City Thunder retook control of their first-round series with a 131-102 victory over the Dallas Mavericks in Game 3 on Thursday night.
THE ASSOCIATED PRESS

Another no-no for Arrieta
Jake Arrieta of the Chicago Cubs pitched his second no-hitter in a span of 11 regular-season starts, shutting down the Cincinnati Reds in a 16-0 rout Thursday night.

The reigning NL Cy Young winner threw the first no-hitter of the Major League Baseball season.
THE ASSOCIATED PRESS

Red Wings done in a flash of Lightning

NHL PLAYOFFS

Tampa into second round thanks to Bishop's donut

Ben Bishop stopped 34 shots, Alex Killorn scored with less than two minutes remaining and the Tampa Bay Lightning advanced to the second round of the Stanley Cup playoffs with a 1-0 victory over the Detroit Red Wings on Thursday night.

Killorn's second winning goal of the series was set up by Ryan Callahan, who retrieved goalie Petr Mrazek's bad pass behind the Detroit net and centred the puck in the crease for Killorn's backhander at 18:17 of the third period.

Tampa Bay eliminated the Red Wings in the first round for the second straight year. Detroit pushed the defending Eastern Conference champions to seven games a year ago, but could only beat them once in five attempts this time, with Killorn, Tyler Johnson and Nikita Kucherov picking up the offensive slack for Tampa Bay with star Steven Stamkos injured.

Detroit only scored eight goals in the series, though not because of a lack of opportunities.

The Red Wings finished 1 for 25 on the power play, and their futility was never more evident than Thursday night, when they failed to even get a shot on goal during a 5-on-3 advantage early in the opening period.
THE ASSOCIATED PRESS

Ben Bishop and Pavel Datsyuk share a laugh after what could have been The Magic Man's last NHL game.
CHRIS O'MEARA/THE ASSOCIATED PRESS

MORE HOCKEY

PENGUINS 5, RANGERS 0
Flashing his old brilliance, Evgeni Malkin scored two goals and set up two others and the Pittsburgh Penguins pushed the New York Rangers to the brink of playoff elimination.

DUCKS 4, PREDATORS 1
Nate Thompson and Jamie McGinn scored nearly two minutes apart late in the second period, and the Anaheim Ducks beat the Nashville Predators.

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RECIPE Coconut Banana Pancakes

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Celebrate the end of the week with a pancake equivalent of a pina colada.

Ready in
Prep time: 10 minutes
Cook time: 20 minutes

Ingredients
- 1/2 cup spelt flour
- 1/4 cup ground almonds
- 1/4 unsweetened, shredded coconut
- 1 teaspoon baking powder
- 1/2 teaspoon cinnamon
- pinch of salt
- 2 ripe bananas
- 1/2 cup almond milk
- 1/3 cup light coconut milk
- 1 teaspoon vanilla extract
- 1 teaspoon agave nectar or maple syrup
- butter for pan

Directions

1. In a mixing bowl, combine the flour, ground almonds, coconut, cinnamon, baking powder and salt.

2. Place one banana, coconut and almond milks, vanilla and syrup in a blender and blend until smooth. Add the milk mixture to the dry ingredients and stir until combined.

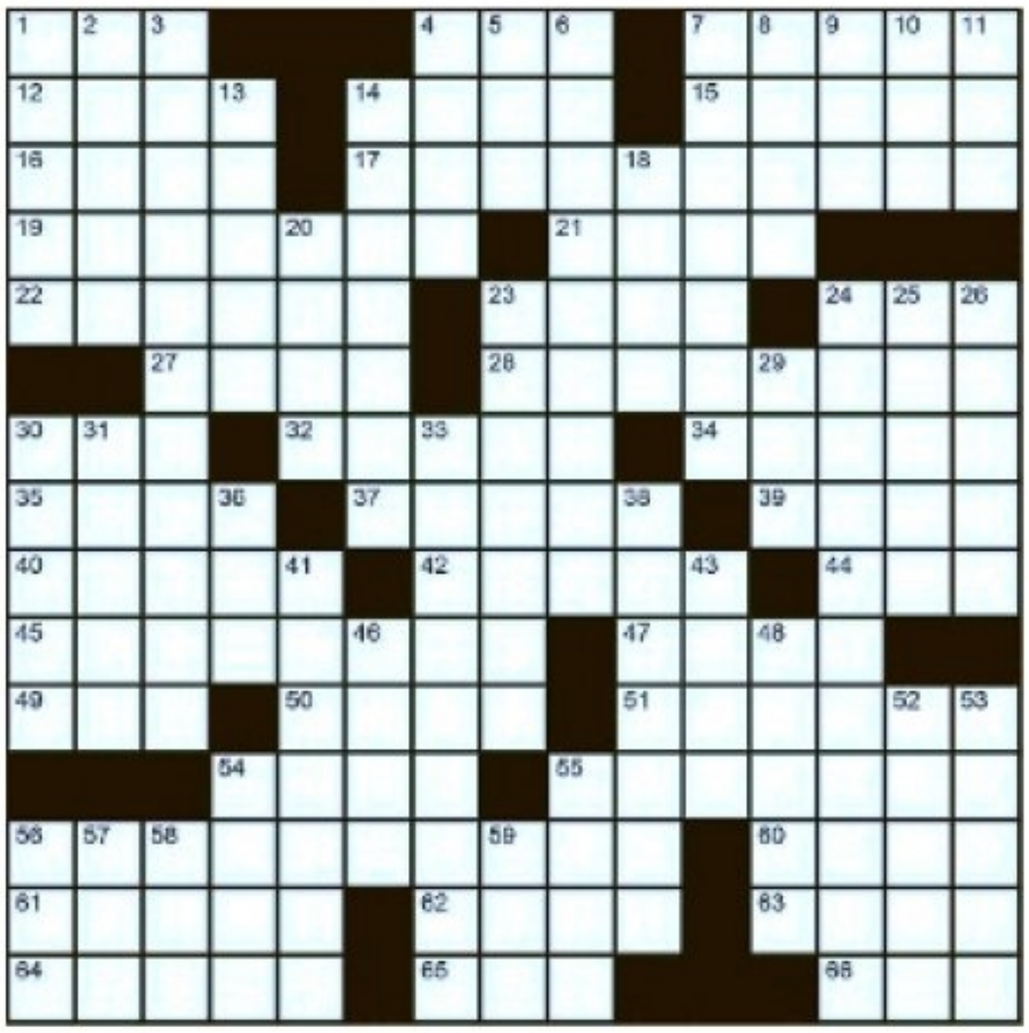
3. In a large skillet over medium heat, melt a small pat of butter and swirl it around. Then spoon the pancake mixture into the pan, allowing room for the pancakes to spread. Cook the pancakes for 2 to 3 minutes or until the mix bubble on the top. Flip the pancakes and allow to cook for another minute or two.

4. Remove the pancakes from the pan and keep warm. Top with with the other banana, sliced and serve with syrup.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Half man/half dog like John Candy's character Barf in "Spaceballs" (1987)
4. Theatrical monogram
7. Shopping __
12. Grads-to-be [abbr.]
14. Valley where David slew Goliath
15. "Bolero" composer
16. 1906-founded sports org.
17. Bosses, collectively
19. Wrapped
21. NBC host Hoda
22. "Journey to the __ of the Earth" (2008)
23. Video game maker
24. Angelina Jolie movie
27. 'Star Wars' character
28. What something cut in half consists of: 2 wds.
30. Tips, tiny-ly
32. Ms. Woodard
34. Web letter
35. Pet food brand
37. "__ for Murder" (1954)
39. AD's 'A'
40. Former
42. Farm structures
44. Bird that's a thief
45. One-of-some in the finished basement's ceiling
47. Pushers-catching cop
49. 'Ghoul' suffix
50. Hostile-to-Hobbits humanoids
51. Ryan and Tatum of "Paper Moon" (1973)
54. "__ Crazy" (1980)
55. k.d. lang album
56. 1851: __ Beaver (Canada's first postage stamp)
60. Eagles song: "__' Eyes"
61. FOX News anchor Bret
62. Village dubbed 'A Little Bit of Holland in Saskatchewan'
63. Fair
64. "Funkytown" by __, Inc.
65. Initials-sharers of John Travolta's actress wife
66. Bible: Relative of Saul

DOWN
1. Cable news network
2. Timely way to deliver theatrical lines: 2 wds.
3. Crunchy apple: 2 wds.
4. Happy
5. Shut out
6. '__ Before Serving' (Orange juice carton message)
7. Record before broadcasting
8. Farm animal
9. Rd. type
10. Bush's "Everything __"
11. Computer key
13. "...__ __ say..." = "...alas..."
14. __ green
18. Belinda Carlisle, band-style
20. Mother of Helen of Troy
23. British band, Dire __
24. Song by Canadian band Timber Timbre, quite an attraction in Arizona: 2 wds.
25. Singer Ms. Turner's autobiography: 2 wds.
26. "It must be __ __ news day."
29. Music honour, e.g.
30. Miss Longstocking
31. Poi ingredients
33. __ __ Provincial Park, in Calgary
36. Roman sun god
38. Cher, Madonna, Beyonce or Sting
41. Rampage participants
43. Crooned
46. Film set job
48. Careens
52. "The Good Earth" (1937) Oscar-winning actress Ms. Rainer
53. Sir, in Spain
54. Ooze
55. 'Tsar' suffix (Russian empresses)
56. Li'l piece of furniture to eat at
57. Yes, in Japan
58. Tear
59. Particular pol. party

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
You will seek excitement today, because you crave something different! New romance, along with new pleasures and diversions, will delight you.

Taurus April 21 - May 21
You feel restless today. Some of you will dabble in a secret love affair. Others will explore a secret business that could bring them more money in the future.

Gemini May 22 - June 21
You might make a new friend today; if so, this person will be unusual and exciting. Alternatively, some of you will be surprised at something that an existing friend might say or do. It's not a boring day!

Cancer June 22 - July 23
A surprise flirtation with your boss or someone in a position of authority might catch you off-guard today. Others will be delighted by unexpected praise or even a raise.

Leo July 24 - Aug. 23
A sudden chance to travel will drop into your lap today. However, existing travel plans might change. Whatever happens, you will expand your horizons.

Virgo Aug. 24 - Sept. 23
Gifts, goodies and favors from others will come your way today. Keep your pockets open and just say, "Thank you!" Ka-ching!

Libra Sept. 24 - Oct. 23
You might have an unexpected disruption to an existing relationship with a friend or partner. (Be careful that you don't stir the pot just because you can.)

Scorpio Oct. 24 - Nov. 22
An unexpected raise or praise from a boss might delight you today. Travel for pleasure suddenly might arise because something will please you at work.

Sagittarius Nov. 23 - Dec. 21
Romance might sweep you off your feet today, because this is a classic day for love at first sight. Others suddenly might have a chance to go on vacation. Yay!

Capricorn Dec. 22 - Jan. 20
You might buy something high-tech for your home today. You also might buy modern art. A spontaneous party might occur. Like, wow!

Aquarius Jan. 21 - Feb. 19
Surprise news or an opportunity to meet new people and see new places will make this an exciting day for you. Stay flexible and light on your feet!

Pisces
Feb. 20 - March 20
You might see new ways to earn money today. If so, you will have to act quickly, because this window of opportunity is brief. You might want to buy something.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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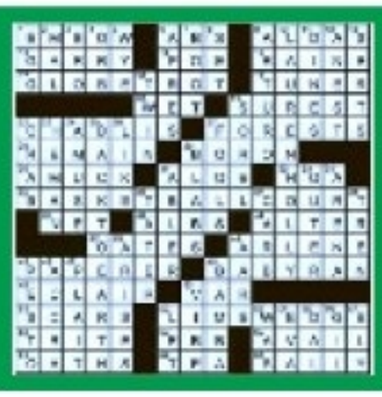

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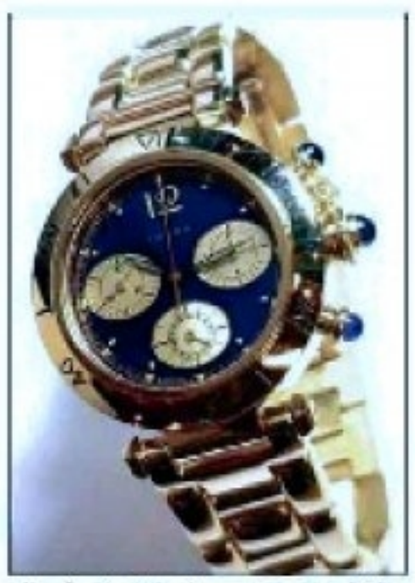
EXCEPTIONAL JEWELLERY SALE

50-70% Below Retail Price from April 24th to May 1st

Rare opportunity. We recently purchased a huge estate of name-brand and designer jewellery.

18kt white gold dangling style earrings $1,899.00

18kt white gold 4.83 ctw diamond studs earrings $41,000.00



Mens' Cartier Tank Chronograph, original 18kt yellow gold case and bracelet $28,000.00

18kt white gold diamond bangle $10,995.00

18kt white gold diamond bracelet $4,000.00

18kt yellow gold dinner ring $2,315.00

18kt white gold Piaget necklace $3,299.00

18kt white gold diamond necklace $5,999.00

18kt white gold 2.95 ctw diamond ring $10,000.00

18kt yellow gold necklace designed with brushed beads $3,299.00

14kt white gold 2.76 ctw diamond pendant $17,999.00

Mens' Rolex Oyster Perpetual Datejust, original stainless steel case and oyster bracelet $8,600.00

18kt yellow gold dangling style earrings $1,339.00

Platinum 950 diamond hoop earrings $5,295.00

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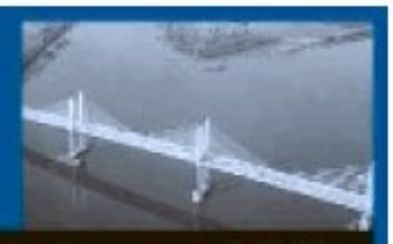

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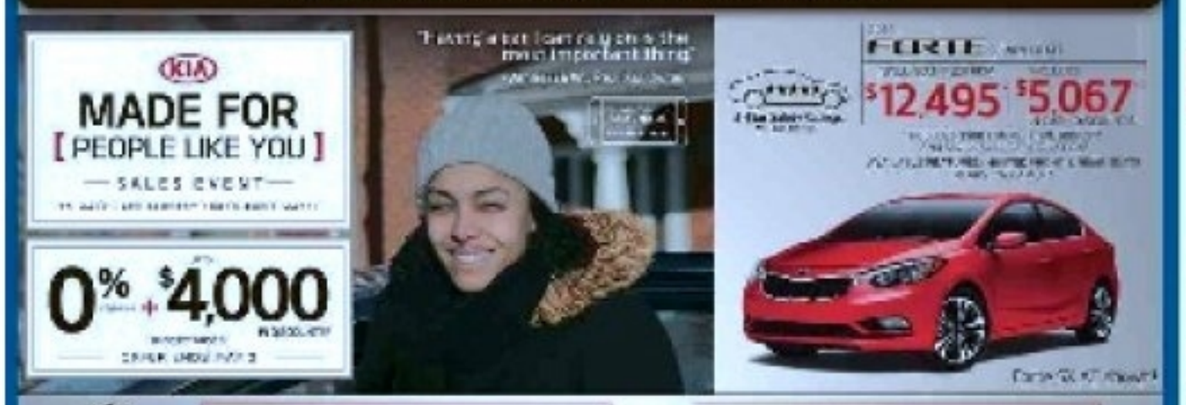

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